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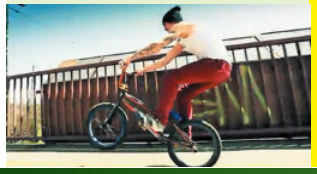
METRO VIDEO CONTEST WINNERS
BEST OF MY FRIENDS, MY CITY, MY FUN {page 9}



WORLD CUP
DUTCH COACH WON'T CHANGE TACTICS
SEMIFINAL TODAY {page 16}

OTTAWA metro®
Tuesday, July 6, 2010
www.metronews.ca
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Wellington to be renamed?

City votes to hold public consultations on renaming street that runs in front of Parliament Hill Name change needs approval from the NCC and the feds

TIM WIECLAWSKI/METRO OTTAWA

▶ The Macdonald-Cartier Society's Immanuel Giulea says people should learn more about the Duke of Wellington's role in pre-confederation Canada.

TIM WIECLAWSKI
@METRONEWS.CA

If anything, the debate over changing the name of Wellington Street to Sir John A. Macdonald Boulevard is a great opportunity for people to learn more about both men.

People arguing about the proposal can agree on at least that.

"The community is learning a lot about its history and certainly the Duke of Wellington. Most people probably didn't know who Wellington Street was named after," said Bob Plamondon, author of Blue Thunder: The Truth about Conservatives from Macdonald to Harper, who proposed the renaming.

However, executive director of the Macdonald-Cartier Society Immanuel Giulea argued against the renaming, pointing out that there already is a Macdonald Street in Ottawa.

Wellness

The lives of soccer wives

Better halves of world's top players speak on health, beauty and beating the pre-match butterflies {page 11}

Bob Probert passes away

Legendary NHL tough guy collapses on boat {page 16}

Top spy won't back down

Chief of CSIS still mum on foreign influence claim {page 3}

From hero to villain

Quebec man behind bars one week after saving girl {page 6}

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Unrepentant spy chief faces MPs

CSIS director spoke of foreign influence in politics last month on CBC No official warning ever given

Spy chief Dick Fadden could soon face renewed pressure to resign after admitting he made comments of "unfortunate specificity" about secret foreign interference in Canadian politics.

But the unrepentant director of the Canadian Security Intelligence Service insisted yesterday there was no reason for him to step down or even apologize.

Fadden told a rare July sitting of the Commons national security committee yesterday that while he provided too much detail in a recent television interview, he stands by the general message.

The bespectacled spy master said the prospect of other countries wielding undue sway over Canada's politicians is a "concern and a threat."

"(These are) serious allegations that have tarred a large number of innocent people and ethnic communities ... with suspicion and I think you have an obligation to clear the air."
DON DAVIES, NEW DEMOCRAT MP

Fadden said he had no intention of resigning despite repeated calls from members of the Bloc Québécois.

The matter will likely re-emerge after Bloc MP Maria Mourani signalled her intention yesterday to put the matter of Fadden's continued tenure to the committee. **THE CANADIAN PRESS**

Recent interview

In June, 2010

- **Warning** The career bureaucrat, who became CSIS boss last year, told the CBC he was in the process of warning at least two provinces that members of their cabinets had come under foreign influence.
- **No denial** Fadden was coy about the countries involved, but did not deny China was a country of concern.
- **President's visit** Fadden's interview — broadcast on the eve of a visit by Chinese President Hu Jintao — enraged critics.

Video: CSIS stands by claim of foreign influence in provincial politics, and that Canadians should know about it at metronews.ca/canada

ADRIAN WYLD/THE CANADIAN PRESS

▶ CSIS head Dick Fadden testifies at the Commons public safety committee yesterday on Parliament Hill.

City receiving $13M for tourism from province

The province has announced more than $13 million in support for tourism in Ottawa to help attract more visitors, investment and economic activity. Ontario is providing $13,299,000 over the next two years to help tourism partners develop a new regional tourism organization and enhance destination marketing and management.

"This will help spur increased economic activity, investments, and development in our community, which means more support for local jobs and businesses," said Ottawa West-Nepean MPP Bob Chiarelli.

TRACEY TONG

300,000
people are directly or indirectly employed by the tourism industry in Ontario.

CONTRIBUTED

▶ Ottawa West-Nepean MPP Bob Chiarelli.

News in brief

Woman faces serious charges

COURT. Police have charged an Ottawa woman in an alleged attempted murder incident in the west end.

On Friday, a 60-year-old man suffered serious injuries after being struck by a car on Perth Street. Rachelle Denis, 38, has been charged with attempted murder, aggravated assault, assault with a weapon, dangerous operation of a motor vehicle and failure to stop at the scene of an accident.

Doucet set for announcement

POLITICS. Capital Ward Coun. Clive Doucet intends to announce his political future at 10:30 a.m. today.

Fest restrooms mapped out

ONLINE. The Powder Room has compiled a lineup of public restrooms concert-goers can use during Cisco Ottawa Bluesfest. The map can be seen at www.powderroom.ca

METRO OTTAWA

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Taser International is arguing in a B.C. courtroom that its weapons can't kill. What do you think? More at metronews.ca/canada

Follow us on Twitter @metroottawa

Scan code for local news

Bluesfest set to bring out some heavy sounds

Bluesfest opens today with Iron Maiden as the headlining act. There are nearly 30 local bands performing during the 13-day music festival.

SUBMITTED PHOTO

▶ Local group The Reverb Syndicate will be hitting the Claridge Stage at Bluesfest at 2 p.m. on July 17.

TIM WIECLAWSKI
@METRONEWS.CA

When the members of The Reverb Syndicate first got together, it was just to enjoy playing a different brand of surf music.

"We thought maybe a handful of people might get it," said Jeff Welch, of The Reverb Syndicate.

Turns out, the Ottawa-based quartet has managed to attract many fans. In their brief career, they've been able to play concerts in Ottawa, Montreal, Toronto, New York City and as far away as London, England.

On July 17, they'll be making their second appearance at Bluefest after getting "nothing but love" when they played there in 2007, said Welch.

Despite regular multiple shows per week around Ottawa, Jason Fryar, guitarist with the River City Junction, said they've spent more time rehearsing lately to make sure their show has a little more polish to it.

The blues/jazz/rock group formed in 2005 and moved to Ottawa four years ago, but River City Junction will be playing Bluesfest for the first time on July 10. It's a much bigger stage, said Fryar, and it's more of a performance compared to intimate club shows where they sometimes have people from the audience climbing up on stage to sing and dance with them.

After playing Bluesfest in 2006, hard rockers Big Jeezus Truck are back for another round on July 10.

"Anytime you get to play a festival, it's a different kind of vibe," said lead Singer Slim Reaper. "They treat people really well." Money from the Bluesfest gig is going towards the band's second tour of Europe.

"It raises your profile to be sure. Every year (Bluesfest) is becoming a larger and larger festival. It really looks good on your resume."
SLIM REAPER, LEAD SINGER, BIG JEEZUS TRUCK

Screen's the theme at fest

This year's theme for Ottawa Bluesfest is Hollywood, said executive director Mark Monahan, pictured above. So in addition to catching local acts, concert-goers can see such famous faces as Courtney Love, Kevin Bacon, Kevin Costner and Allan Doyle (who starred in the recent Robin Hood movie) rocking out with their bands.

TRACEY TONG

Heat warning issued for this week

This week may prove to be the hottest week of the summer, an Environment Canada warning preparedness meteorologist said.

Yesterday reached a high of 34 C but felt like 43 C, said Peter Kimbell.

"We're expecting very hot temperatures this week through Thursday inclusive because of a high-pressure system over the eastern United States which is funnelling very hot, very muggy air over Ontario," he said.

The city is asking residents to look out for its most vulnerable citizens after the medical officer of health issued a heat warning yesterday.

The heat warning, which is in effect until further notice, affects the elderly, chronically ill, infants, young children and the homeless the most, the city said.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

"Heat is hardest on the elderly and chronically ill. If they have no protection from the heat, such as access to air conditioning and plenty of fluids, they can develop serious health effects and even die."
DR. ISRA LEVY, MEDICAL OFFICER OF HEALTH

TRACEY TONG/METRO OTTAWA

60 seconds

▶ Professional dog walker Jim Roberts is surrounded by his furry clients at the dog park at Sylvia Holden Park.

JIM ROBERTS

"IT'S LIKE HAVING A GROUP OF THREE-YEAR-OLDS, BUT THEY CAN ALL RUN FASTER THAN YOU CAN."

Professional dog walker and certified dog trainer Jim Roberts and his entourage are regulars at Sylvia Holden Park.

What do you like about working with dogs?
It's hard to put my finger on, but they're easy to get along with. You always know what they're going to do. And it doesn't take much to make them happy.

What's the most difficult part of this job?
Finding a place to go. There are so few places you can go to take your dog despite a huge amount of green space. As a group, dog owners have been horrendously underserved. In a city with so much green space, I think we can come up with a bit more considering that 40 per cent of the population has a dog.

Is hiring a dog walker more popular than in the past?
Especially these days, when people seem to be working longer and longer hours. Some people had to take on extra jobs to make ends meet. They like them to get out and have fun.

You have your own dog, Brooklyn. What does Brooklyn think of your dog walking business?
He doesn't think they're necessary. (Laughs.)

TRACEY TONG

New to Canada?

If you are a new immigrant to Canada then it's very likely that you, as Monica Pop, have a list of top things to do once you land into this country: settle down, look for a place to live, find a school for the kids, get your official government documents, find available resources for immigrants, and establish your finances.

For Monica, making the transition from Rumania to Canada has been an exciting adventure, but also a daunting process. "Deciding to immigrate to Canada wasn't easy. There was so much to do, prepare, and learn. Plus, once my husband, our kids and I got here, there was even more to cover!"

"We had our to-do list and checked each task off as we completed them. We got our official government documents and health cards, figured out transportation, budgeted for our immediate costs. We also knew it was important for us to begin a credit history. There's when Scotiabank and Maria came into our lives", said Monica.

"My uncle had heard that Scotiabank offered a very good program for newcomers and we decided to try it; he was so right! We got so much from that first visit," said Monica.

The *Scotiabank StartRight®* Program was ideal for Monica and her family, said Maria Pereira-Logli, a Personal Banking Officer. "In Scotiabank we know that one of the first things newcomers need to do is to open a Canadian bank account for their day-to-day banking, but also plan for their future.

"With the *Scotiabank StartRight®* Program Monica found everything she needed in one convenient place – a bank account with free transactions for one year, a *No-Fee Scotia Moneyback* VISA*, the ability to use Western Union Money Transfer™ services at any of our branches, and much more," said Maria.

"After just landing in Canada, saving for the future can feel out of reach, but Maria helped us have a plan to save for our children's education, and got advantage from the Mortgage Program specially designed for newcomers to own our house. Maria just figured out a way to make everything work for us. This was a personalized approach that I never had before. "*Scotiabank StartRight®* Program lived up to our expectations and beyond," said Monica.

By the way, Monica just accomplished one more milestone from her list of things to do: She got her first job in Canada!

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Monica Pop and family. Toronto, ON

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BP bills partners as spill costs spiral

As BP PLC's costs for the disastrous Gulf of Mexico oil spill climb to just over $3 billion US, the British oil giant is billing partners Anadarko Petroleum Corp. and Japan's Mitsui for their shares of the cleanup.

BP has billed Anadarko, a 25 per cent stakeholder in the blown-out well, for a quarter billion dollars so far. It also has reportedly billed Mitsui, a 10-per cent partner, for $111 million.

"They are partners in the field, and as responsible partners we would expect them to bear some of the costs," BP spokeswoman Sheila Williams said yesterday. BP said $147 million has been spent to settle 47,000 claims for payment — or about half of the claims submitted so far.

THE ASSOCIATED PRESS

A new hope?

THE ASSOCIATED PRESS

Weather woes cause concerns for new skimming vessel

- As BP continues drilling relief wells that are the best hope for stopping the spill, a giant new oil skimming vessel is being tested in the Gulf. But lousy weather means it may be longer than first hoped before officials know if it can work full time sucking crude from the sea.

Spain. Swimming bull

▶ A reveller jumps into the sea followed by a bull during the Bulls to the Sea festival in Denia, Spain, yesterday.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Festive season comes under fire in Spain

Hordes of people are gearing up to sprint just ahead of the thundering herd in Pamplona, but Spain's famed Running of the Bulls is overshadowed this year by a vote to ban bullfighting in a populous province and a debt crisis forcing villages nationwide to cancel subsidized parties known for their wine, food, live music and bullfights.

What the heck is 2204355?

It's not surprising that Google's latest list of hot searches includes queries about Canada Day, some recent movies, and the dreaded HST being launched in Ontario and British Columbia.

But what is 2204355 and why are so many people searching for it?

It appears to be one of those unexplainable viral sensations that appear out of nowhere and propagate across the web for no good reason.

In the confounding video, a smiling young man is double fisting two chicken drumsticks in front of an animated rainbow-coloured background. He dances to a song that sounds like it would soundtrack an old Nintendo video game and occasionally takes bites of chicken. THE CANADIAN PRESS

Watch the video at metronews.ca

Clues

Web sleuths have discovered the video of the dancing man appears to have been snipped from a bizarre Kentucky Fried Chicken commercial.

- **Who created it?** No one knows.
- **What's it supposed to mean?** That's also anyone's guess.

The good, bad and the ugly

Quebec good samaritan saves teenager one week, faces multiple charges the next ◐ Had saved girl's life after she lost both legs in a train accident ◐ Lawyer blames trauma from incident for recent arrests

Last week, he was hailed as the Good Samaritan who saved a woman's life in a memorable moment of quick thinking.

Since then he's been arrested three times and is now behind bars.

Quebec man Roger Saulnier had a series of runins with the law over a 24-hour span last weekend and was locked up after his latest one.

The jeweller had been praised for his response last week when he saw a young woman lose both legs in a train accident: he tied the protruding arteries of her legs to stop all the bleeding. But the Saguenay man now faces several charges including break-and-enter, drunk driving, uttering threats and assaulting an ex-girlfriend. The ordeal began with an alleged drunk-driving incident, after which police confiscated his car and determined he didn't have a valid licence.

He was then released and allegedly broke into an ex-girlfriend's home and assaulted her; then, after being released another time, he allegedly went back to try to persuade her to drop the complaint against him.

Saulnier has been in jail since Sunday. He appeared in court yesterday.

He was thrust into the headlines last week when he performed a miraculous feat with no medical training. last week, a jittery, sobbing Saulnier told reporters that natural instinct kicked in. "My talent as a jeweller is I have agile fingers," he said. "It's fortunate I'm good with my hands. That's how I was able to save her life."

THE CANADIAN PRESS

"I have agile fingers. It's fortunate I'm good with my hands."

ROGER SAULNIER ON SAVING THE GIRL'S LIFE BY TYING HER ARTERIES AFTER HER LEGS WERE CUT OFF

'Skin, torn leg and blood'

Shock quickly settled in after Roger Saulnier showed such poise at the scene of the original accident. He was soon taken to hospital to be treated for shock and given pills to help him sleep. "I can't close my eyes without seeing pieces of skin, torn leg and blood," he said last week. Lawyer Dominic Bouchard said his client was deeply affected by the life-saving episode. Bouchard said he intends to argue for bail. THE CANADIAN PRESS

Venezuela honours heroine

South America's 19th century independence hero Simon Bolivar was reunited yesterday with his controversial and audacious lover at a graveside ceremony.

A coffer containing the symbolic remains of Manuela Saenz, a woman credited with helping Bolivar liberate several South American nations from Spain, was moved alongside Bolivar's tomb in an independence day celebration. The Venezuelan government of President Hugo Chavez is helping redress Saenz's reputation, portraying her as one of the continent's greatest heroines. Saenz died in 1856.

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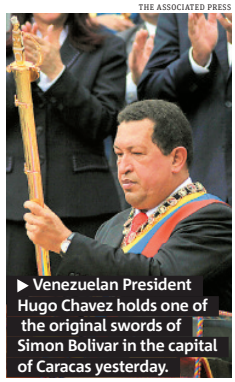

▶ Venezuelan President Hugo Chavez holds one of the original swords of Simon Bolivar in the capital of Caracas yesterday.

Canadians are ready to buy new homes

But many people are not putting enough down It may be worth saving up longer before you buy

A majority of Canadians who just bought or are about to buy their first home expect to pay less than the asking price and prefer newer and detached homes over older and semi-detached, according to a TD Bank survey.

But the report questioned whether the home-buyers had unreasonable expectations.

"It's only natural to want your first home to be the home of your dreams, but it is important to be realistic about what you can afford," said Farhaneh Haque, a mortgage specialist at TD Canada Trust.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 103.56 (11,092.50)	– 0.23¢ (93.90¢ US)
Oil	**Natural gas**
N.Y. market closed	1,000 cu ft $4.729 (+ 4.2¢) Gold contracts N.Y. market closed

Only 30 per cent said they plan to or already have more than a 20 per cent down payment, and the remaining 70 per cent will require mortgage insurance. Eight of 10 buyers reported putting down as much as they can afford.

But Haque advised that paying 10 per cent or more will make a big difference, bringing down the time it will take to pay off a mortgage and possibly affecting regular payment amounts.

"It may mean that you need to save longer before buying your first home, but it will pay off in the end."

THE CANADIAN PRESS

Royal tour. RIM

Queen Elizabeth is shown a new BlackBerry by electronics assembler Elvira Dulic.

FRANK GUNN/THE CANADIAN PRESS

Her Majesty's royal BlackBerry

A picture of Canadian schoolchildren offering up a virtual bouquet greeted the Queen yesterday on her new top-of-the-line BlackBerry. She was presented with the device when she toured Research in Motion in Waterloo, Ont. It's rumoured the 84-year-old Queen is no stranger to such gadgets, but Palace officials wouldn't confirm whether a royal BlackBerry already exists.

Toyota sales still stalled

Toyota Canada Inc. suffered an almost 14 per cent decline in year-over-year sales in June, in contrast to the soaring sales of some of its major competitors. Overall June sales were down 13.8 per cent from June 2009.

THE CANADIAN PRESS

$2B for new solar plants

The U.S. government is handing out nearly $2 billion for new solar plants that President Barack Obama says will create thousands of jobs. Obama announced the initiative Saturday.

THE ASSOCIATED PRESS

Nickel prices will be stable

A tentative contract agreement between nickel miner Vale and its striking workers in Sudbury, Ont., is expected to have only a minor impact on the price of nickel, which fell 1.8 per cent to $8.52 US a pound yesterday.

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EXES AND OH-NOS IN THE DIGITAL AGE

She says ...

JESSICA NAPIER

Back in the old days (I'm talking pre-Facebook here), I assume it was easier to break up with someone.

Just a quick conversation — thanks, this has been great, it's not you, it's me, etc. — and that would be it. No hassle, no strings and, other than an occasional run-in, you might never have to see or think about that person again.

If only it were that simple.

Now, every broken relationship leaves a not-so-easy-to-erase digital trail. While you might have said your goodbyes in person you're still left with a series of invisible techno-connections.

The trouble is, there's no protocol for dealing with a breakup in the online world. Do I delete them from MSN and un-follow them on Twitter, but remain Facebook friends? How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first.

At one point, my ex and my current boyfriend happened to fall alphabetically next to each other on my BlackBerry contact list. Attempted multi-tasking and unco-ordinated fingers meant I occasionally sent private proclamations of love to the wrong person.

Yikes.

Anyways, while these absent-minded accidents made for hilarious dinner anecdotes the next day they were always very awkward to recover from at the time. These slip-ups (and an unfortunate incident involving my BlackBerry and the sidewalk) eventually led me to purchase a new phone and delete that particular ex from my mobile world for good.

So, what took me so long? Hitting the delete button on the digital relationship is a lot harder than it seems. Secretly, I think we (or is it just me?) need these digital ties to keep tabs on all of those past romances gone wrong. Online connections satisfy our post breakup curiosities about how the other person is doing and (OK, let's be honest) who they're dating.

It's not so much a problem with letting go — I just want to be able to check up on them every now again.

"How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first."

Cartoon

Rebels without a cause

Letters & Tweets

EDMONTON. Peter McCartney (Is this what democracy looks like?, June 28) is absolutely right in questioning whether the violent G20 events in Toronto were truly the face of democracy.

Everyone has freedom of expression, but that freedom does not imply the freedom to cause harm. Furthermore, violence detracts attention from legitimate demands of peaceful protesters and, in the end, the public will only see a bunch of rowdy rebels without a cause.

STRATYOS KEE

We asked: Should Canada cut ties with the monarchy

TORONTO. Some might argue the monarchy has no relevance to Canada today and her successor would be an embarrassment to the country. The monarchy is an institution, not an individual. Canadians have had their share of embarrassing politicians, and we've all survived — so will the institution of a constitutional monarchy.

For those who would like to cut ties with the monarchy, maybe this question should be asked: "Should Canada form a political and economic union with the United States and Mexico and have an integrated North American currency called the 'Amero.'"

PHILIP CHEONG

The wrong message

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Should MPs be allowed to moonlight?

Email
ottawaletters @metronews.ca
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Metro has the right to edit letters and submissions.

Noteworthy

Interpol turns to social networking

International police agency Interpol launched an unusual appeal yesterday to the global public to report sightings of 26 leading fugitives — whether on the street or on Facebook.

Interpol has been leading an international operation since May aimed at tracking down 450 particularly dangerous fugitives, and has arrested 39 people as a result, including former Colombian model Angie Sanclemente Valencia, wanted by Argentina for drug trafficking.

THE ASSOCIATED PRESS

Metro Minute on a boat at Dows Lake

Nothing says summer like getting out on the water.

For the time-strapped city slicker, spending time in a boat is as easy as heading down to Dows Lake in the heart of the city.

For about $20 and some pocket change, you can rent a paddleboat, canoe, kayak, or a double-seater kayak and a life-jacket and take a ripple-free ride down the Rideau Canal.

While most people take paddleboats out for about 30 to 45 minutes, it only takes an hour to get downtown by kayak.

Even though hot summer days are busy for rentals, there's never more than a half-hour wait for boats, staff said.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ The Dows Lake Marina is located along Queen Elizabeth Drive at Preston Street.

metro

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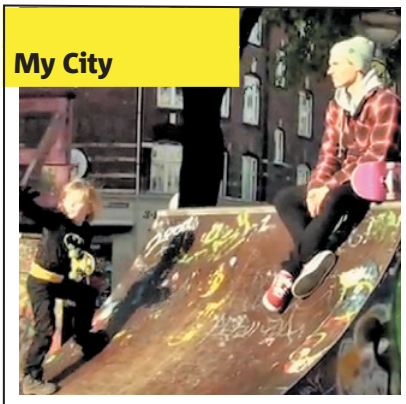
Winners of world's largest video contest

From submissions in three categories (My Friends, My City, My Fun) from Metro readers in 15 countries, our winners emerge Judged by a star-studded jury, including acclaimed Lady Gaga music video director Jonas Akerlund and our very own Hollywood correspondent Ned Ehrbar Their prize: a trip for two to any of 100 cities where Metro is published

metro VIDEO CHALLENGE
WATCH THE VIDEOS AT METRONEWS.CA/SCENE

My City



SILAS ADDINGTON & ANDERS DEVANTIER, DENMARK

"MY JUNGLE"

Silas Addington

What inspired you to make this movie?
My friend Anders came up with the jungle idea that actually just is a twist of the story The Jungle Book from Disney. Something we first found out after we made the film.
Anders is playing the "mysterious skater" in the movie and it is my voice speaking.

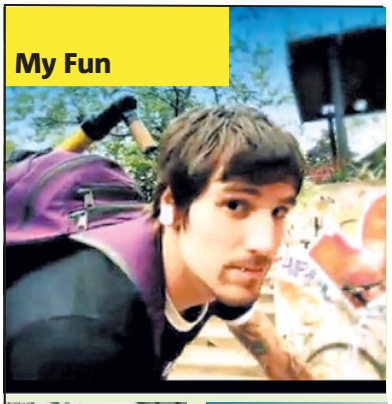
What was your favourite location to film?
When we got access to the SAS-hotel in the middle of Cophagen, and came up on the very top of the building just in time to film the fantastic sunset, that we actually use both in the start of the film and in the end.

Who is your filmmaking idol?
Well, we are both big big fans of Quentin Tarantino.

What's your favourite film?
Such a difficult question but the film Life is Beautiful by Roberto Benigni is a favourite and of course, the first Ace Ventura movie!

SILASADDINGTON.MVCHALLENGE.COM/DK/VIDEO/1204

My Fun



ANDRÁS MAKOVINYI, HUNGARY

"BMX STREET"

András Makovinyi & crew

What inspired you to make this movie?
Mark Veres, the BMX rider, protagonist in the movie. This movie is in fact the trailer for a longer film about Mark and the BMX. He is unbelievably talented.

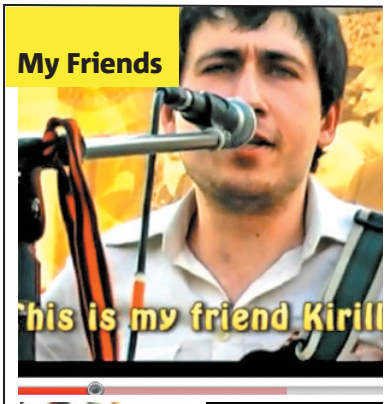
What was your favourite location to film?
Perhaps the last shot, the wallride that we recorded in 100p. That trick is really daring, that day we had five punctures, three falls and the pedal broke as well.

What's your favourite film?
The Godfather Trilogy. Classic. No matter how many times I watch it, I can always learn something new from it. But I love everything with Pacino or DeNiro.

Where do you want to go on your winning trip?
"New York City. That's in New York, son. New York State": Frank Slade - Scent of a Woman, to stick with movies. But I am not sure yet, it's so sudden!

WMGOTTI.MVCHALLENGE.COM/HU/VIDEO/629

My Friends



STANISLAV ILYIN, RUSSIA

"ME & MY FRIENDS"

Stanislav Ilyin

What inspired you to make this movie?
(My friends and I) have already done TV-style funny videos before. However, it didn't bring us true popularity – only among our friends at social networks. Whenever I found the Video Challenge ad in Metro newspaper, I figured out that we could do something really cool. We got the right idea the same evening.

What was your favourite location to film?
The most difficult scene in this video was the hospital scene, though it was the toughest one, too. It was a challenge to find an unused pantry and equip it as a hospital ward. But the result was really worth it!

Who is your filmmaking idol?
I get inspiration from directors like Michael Mann and Tony & Ridley Scott. Michael Mann picks out truly impressive soundtracks for his movies.

SERIOUSSERVER.MVCHALLENGE.COM/RU/VIDEO/721

2 scene

News in brief

1 Former Miss California Carrie Prejean is now Mrs. Kyle Boller, after marrying the Oakland Raiders quarterback at a San Diego resort.
THE ASSOCIATED PRESS

2 The Twilight Saga: Eclipse has the lifted its box-office total to $175.3 million after just six days.
THE ASSOCIATED PRESS

3 Canada's Martin Short will be adding his voice to an animated version of Cat in the Hat.
THE CANADIAN PRESS

Celebrity tweets

Paris Hilton [@Paris-Hilton] it was absolutely ridiculous what I was put through for nothing. But I'm used to being scape goat

Vanessa Hudgens [@nessaaahudgenss] Selecting from a shelf, renting and walking home with a movie in hand is such a fulfilling experience

Kevin Jonas [@kevinjones] I just watched a guy eat 54 hot dogs I'm full after two how does that even happen. I am truly impressed

Lohan not worried about jail decision

LiLo may also be falling in love with Israeli beauty, sources claim Friends say she's moving too fast

Depending on how things go today, Lindsay Lohan might be spending tonight in jail. Judge Marsha Revel — who was not terribly amused when Lindsay missed a court appearance for the Cannes Film Festival — will decide if she should be locked up for violating her probation.

But Lindsay doesn't seem to be worried, according to TMZ.com: "[Her lawyer] will just fix this like everything else. It's no big deal to her, even though she totally believes Judge Revel hates her guts," a source tells the site.

On a different note, Lohan seems to have found new woman in her life, sources tell TMZ. Things have reportedly been heating up between Lohan and Israeli brunette Eilat Anschel, who the actress first turned to as a "shoulder to cry on." But Lohan's pals are worried she's falling for Anschel too hard and too fast.

METRO WORLD NEWS

GETTY IMAGES

Lindsay Lohan

Talking points

Jess can't get enough of NFL

QB LOVE Jessica Simpson had reportedly turned to the NFL to find love once again. The singer, who previously dated Dallas Cowboys quarterback Tony Romo, is now dating former football player Eric Johnson, according to TMZ. Johnson played for the San Francisco 49ers and the New Orleans Saints. The pair are "very happy," a source says.

METRO WORLD NEWS

Brit dreading sex education

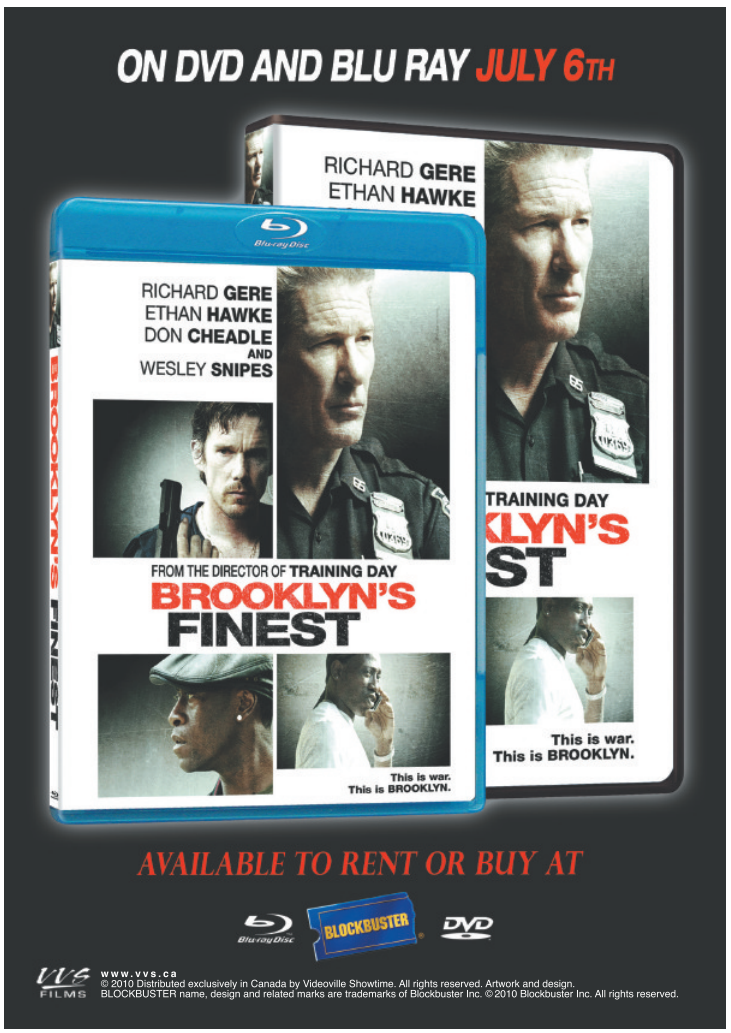
KID CURVEBALL Britney Spears loves being a mom, but there's at least one thing she's not looking forward to. "I'm dreading the moment when my sons ask me how babies are made," she tells Cosmopolitan magazine. The former child star also tells the magazine that she isn't keen on sons Sean Preston, 4, and Jayden James, 3, going into the entertainment business.

METRO WORLD NEWS

Lautner OK with dating fan

YOU CAN HAVE HIM TOO Taylor Lautner says the idea of dating on his many Twilight fans wouldn't be out of the question. "Would I date a fan? Well I don't exclude anyone, so sure, why not?" Lautner says, according to Hollyscoop. "I don't have a type physically, but loyalty and honesty are important."

METRO WORLD NEWS



Soccer star Ronaldo to raise boy as single dad

Though things didn't go so well for him at the World Cup, Portugal's Cristiano Ronaldo has reason to celebrate.

"It is with great joy and emotion that I inform I have recently become father to a baby boy," Ronaldo announced on his Facebook page.

The soccer star fathered the child with a woman who wishes to remain anonymous, and he will raise the boy as a single father.

"As agreed with the baby's mother, who prefers to have her identity kept confidential, my son will be under my exclusive guardianship," he wrote.

METRO WORLD NEWS

With football (a.k.a. soccer) fever at its highest with the World Cup semi-finals going today and tomorrow, Metro speaks to some of the world's top players' other (better?) halves about health, beauty and beating pre-match nerves.

ROMINA McGUINNESS METRO WORLD NEWS

The Wonderful WAGs

FOOTBALLERSWIVES.TV

▶ Actors from the popular UK TV series Footballers' Wives, that centres around soccer players and their wives.

GETTY IMAGES

SYLVIE VAN DER VAART

Wife of Rafael Van der Vaart (Holland)

On health ... I was diagnosed with breast cancer when my son was three years old, an experience that drastically changed my views on life. I now live my life more fully and deeply and I'm appreciative of every single little thing. I get very nervous for my husband before a match and during, I'll make anxious circles around the couch.

On health, food and exercise ... My husband's conscientious approach to exercise encourages me to do the same. I'm very lucky to be fit and energetic once again. On my lazy days, I like to read and listen to music on my iPod. I have a very healthy diet, although I like to eat what I want. My ultimate guilty pleasure is chocolate. Besides that I work hard to stay in shape. I don't smoke, but I do enjoy the odd glass of wine.

On beauty ... A little bit of concealer and lip-gloss always does the trick. I always wash my face before going to bed and from there I only need around seven hours of sleep. I'm happy with the person that I am and thankful I don't need any interventions such as Botox or plastic surgery. I don't like judging people and I believe everyone should make their own decisions so long as they remain respectful and it makes them happy.

CCIMG

MENAYE DONKOR

Girlfriend of Sulley Muntari (Ghana)

On her lifestyle ... Sulley and I make conscious decisions with what we put in our bodies. I can't resist a good bottle of red wine and living in Italy doesn't make it any easier. Before important matches I get very jittery for my Sulley but I try and stay calm.

On health, food and exercise ... I consider myself a healthy person. I eat a well-balanced diet and get most of my vitamins from fresh fruit and vegetables. I deprive myself of junk food from time to time. I exercise regularly, Sulley and I don't work out together but we are both very active. I'm a cardio-holic, before an important shoot I have sessions with my personal trainer who knows exactly how to whip me into shape. Drinking and smoking are choices people make. Everything needs to be done in moderation. I love the smell of cigars and brandy!

On beauty ... I have very sensitive skin, so I choose my moisturiser carefully. I always carry great concealer, eyeliner and mascara. No woman is 100 per cent happy with her body, but I try to embrace my flaws and focus on my good features. In terms of Botox and plastic surgery my motto is, 'If you don't like it fix it'. It's important to still have inner confidence otherwise you will be fixed on the outside but broken on the inside. The best relaxation is being home in my bed. I'm not a morning person and I love to sleep 10 hours a night.

JEFFREY CLARK GROSSMAN

IRINA SHAYK

Linked to Cristiano Ronaldo (Portugal)

On her lifestyle ... I'm very healthy and refrain myself from smoking and drinking. I like a glass of red wine every now and then but I was raised in a family where no one drinks or smokes. I love taking in the sunshine and hanging out with my friends in New York — we make sure we wear plenty of sunscreen.

On health, food and exercise ... I workout five times a week. I love Pilates but I also go boxing or jogging. I drink two litres of water every day to keep hydrated and green tea but never coffee. That and eating organic food helps me stay in shape for my photo shoots. My guilty pleasure is ice cream, I just love it.

On beauty ... I never wear foundation and hardly wear any make up. My face is pretty much always clean. Once a month I'll have a facial or go in a steam room to rid my skin of toxins. I work hard on my body ... It's never perfect but I think all women feel that way. We are our worst critics so I push myself everyday to go to the gym and eat right. I try and get eight hours of sleep every night. In terms of my views on plastic surgery and Botox — well it all depends on the reason for it. If a person is the victim of an accident and surgery can make them feel better, I'm all for it. Some flaws give character and make people what they are so it's a shame when people take things to the extreme.

3 life

60 seconds

▶ Chris Jones

Performance coach Chris Jones, elite athletics expert.

What does it take to be an elite athlete?
Exceptional talent. In any high level sport you need talent, desire and self-belief from a very young age. If you want to get to the top you need to have the ability to take on knowledge, trust and have an intrinsic drive.

How much of it is down to natural talent?
Initial success is based on talent alone but from there athletes must continually work on the process and do what it takes to be the best. It can take hours, days or years to increase skill awareness. .

How much of a role does diet and exercise play on performance?
Today there is a much more holistic approach to diet and exercise. Elite athletes live a monastic lifestyle; they have to make choices and sacrifices. Nutrition is crucial in defining their performance. The best people tend to have the right balance between exercise, nutrition and their mental state of mind.

ROMINA McGUINNESS

Staying fit can train your brain

Study finds link between fitness in women and brain health Exercising as a teen connected to likelihood of cognitive impairment at old age

CELIA MILNE
WELLNESS@METRONEWS.CA

It's a brain-a-thon. Being active throughout your life might help you think straight as you age.

In a Toronto study, 9,344 older women from the United States described their physical activity levels at four stages of their life: In the teen years, at age 30, at age 50 and after age 65. These results were compared to their mental functioning at the time of the study; and the result indicated that exercise does seem to affect brain health.

"Women who were more active or who were active at each age had lower rates of cognitive impairment than those who were inactive," said Dr. Laura Middleton from Sunnybrook Health Sciences Centre. And, in particular, exercise in the teen years pays off, Middleton added.

"The most interesting finding was that it was indeed teenage physical activity status that was most strongly related to likelihood of cognitive impairment at old age."

If you are young, dementia may seem a remote possibility, but it's quite common. Alzheimer's disease and other forms dementia affect one in four Canadians over the age of 65. If you didn't exercise as a teen, don't despair taking up physical activity at any age appears to be helpful.

30

With our aging population, the number of cases of cognitive impairment is expected to double in Canada over the next 30 years, the Canadian Institutes of Health Research reported.

Shaping up

Here are some summer shape-up tips from Participaction.

1. Get strong. Do 8-12 reps of 8-10 strength exercises three times a week.
2. Work hard and rest. Repeat. High intensity intervals of rowing, cycling and running vault your fitness to a higher level and burn tons of fat.
3. Buddy up. Exercising with your peeps gives you instant naggers and cheerleaders.

CELIA MILNE

▶ Running can keep your body fit but a new study says exercise also boosts brain health.

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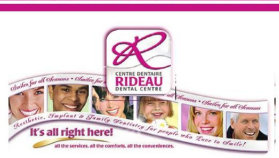

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EVEN WHEN IT COMES TO ORAL HEALTH, WOMEN REALLY ARE FROM VENUS

It seems we just keep learning more and more about some very real differences between men and women. The more we learn, the more we realize that **men really are from Mars and women from Venus**.

You might not think that these differences can have an impact upon oral health. But the truth is they do. Even more, the differences can vary depending upon the age of the woman.

When a young girl reaches puberty, the body begins to release all kinds of hormones that dramatically affect her development. What many people may not be aware of is that young girls may also find that their gums are more prone to bleeding after their hormones take action.

This may be a normal reaction and may be nothing to worry about. However, you also need to be aware that **swollen gums are easier for bacteria to penetrate and then access the blood stream.**

This can be a potentially dangerous situation as oral bacteria has been linked to numerous health issues, including heart disease. If you notice your daughter experiencing higher levels of bleeding in the gums as puberty arrives, you should discuss this with your dentist.

Dr. Peter Georgopoulous
Dental Surgeon

Another factor that affects the oral health of many young women is **body image**. The sad truth is still one where young women feel great pressure to conform to a specific body image. This results in many of them being on diets despite the fact they are at a perfectly healthy weight.

Diets can deny the body of essential nutrients it needs to stay healthy. This will affect the mouth as well as the rest of the body. Furthermore, eating promotes the production of saliva and saliva is essential to control bacteria in the mouth. **The less you eat to comply with your diet, the less saliva and the more oral bacteria will build up.**

The situation becomes more severe if **eating disorders** become a problem. Women with **bulimia** obviously have a great deal of acid flow through their mouths. This **acid can literally eat away at the teeth**. Even if the eating disorder is brought under control, the damage done to the teeth can persist and require expensive treatment.

Unfortunately, the news may not be better on the other end as women reach menopause. **Menopausal women are more likely to suffer from dry mouth**, which can lead to more cavities. At the same time, jaw bones become susceptible to a loss of bone density as **osteoporosis** sets in.

In other words, ladies, it might seem like even your oral health does not give you a break no matter what your age! The best thing you can do is eat healthy, brush and floss regularly and **visit your dentist at least twice per year.** If you observe any of the issues discussed above, let your dentist know as these conditions can usually be treated if caught early.

Because treating oral health issues quickly is a healthy habit…and healthy habits lead to healthy lives.

Dr. Peter Georgopoulous - Dental Surgeon

Liquid assets

Market value

I'm a sucker for a sexy label. In fact when faced with a wall of wine at a strange liquor store (and I've been in lots of them) I like to pretend I don't know one grape from another and simply let my eyes be my guide.

One thing I've learned playing this game is that all too often cool names and pretty pictures are wrapped around bottles filled with plain old average juice. That said, there are some winemakers that are able to balance their look with their liquid personality in a way that jumps off the shelf and out of your glass.

A great example is the 2009 SeaGlass Sauvignon Blanc ($14.05 - $15.25) from California's Trinchero Family Estates. Using photorealistic images of colourful sea worn glass on a clean, sun bleached background the label speaks volumes to the wines refreshing tropical flavours and affinity for casual dining (especially shellfish).

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Stout and Onion Turkey Burger

Add veggies to keep burgers flavourful, moist, and to give it an extra health boost
Lean, ground turkey offers a lower-fat alternative without compromising on taste

Lean ground turkey can make a great burger. But as with any meat, less fat means less flavour, so you'll want a strategy for compensating these losses. Think meat loaf.

By mixing in chopped vegetables — such as onions, mushrooms and celery — fresh or dried herbs and a wet component, say ketchup or mustard, you will not only boost the flavour, but also add back much-needed moisture.

Consider adding breadcrumbs or quick-cooking oats, too. They not only stretch the meat (which cuts the total fat per serving), but also help retain moisture.

This robustly flavoured stout and onion turkey burger uses caramelized sweet onions and a reduction of intense, dark beer combined with zesty mustard and dried thyme to enhance ground turkey. Use this same flavour base to make excellent meat loaf or meatballs.

If you like, you can top the burger with some tangy, extra-sharp cheddar cheese, which makes a perfect foil for the assertiveness of the stout. By using extra-sharp cheddar you can get away with using a full-fat cheese because just a little adds a lot of flavour.

Serve these burgers with a side of sweet potato fries and a few crunchy pickle spears.

Ingredients :

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) chopped vidalia onion
- 250 ml (1 cup) Guinness or other stout
- 30 ml (2 tbsp) Dijon mustard
- 10 ml (2 tsp) chopped fresh thyme or 2 ml (1/2 tsp) dried
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 500 g (1 lb) lean ground turkey
- 250 ml (1 cup) panko (Japanese-style) breadcrumbs
- 75 ml (1/3 cup) shredded sharp cheddar cheese (optional)
- 4 whole wheat hamburger buns or other small wheat bread

ASSOCIATED PRESS

4 portions
Start to finish: 1 hour (35 minutes active)

▶ Use a whole wheat bun to compliment the stout in your turkey burgers

Preparation:

1. In a medium saucepan over medium, heat oil. Add onion and saute until softened and slightly golden, 7 to 10 minutes. Add stout and increase heat to high. Boil mixture until reduced by two-thirds and making syrupy bubbles, about 20 minutes. Transfer mixture to a medium bowl to cool for approximately 20 minutes.
2. Heat a gas grill to medium-high or prepare a charcoal fire.
3. Add mustard, thyme, salt and pepper to onion mixture. Add ground turkey and breadcrumbs. Gently but thoroughly combine. Shape into 4 patties, about 2 cm (3/4 inch) thick.
4. To oil grill grates, wet a folded paper towel with oil, hold it with tongs and rub it over grates.
5. Grill burgers until well browned on the underside, 4 to 5 minutes. With a spatula, turn burgers carefully. Grill 4 to 6 minutes more, or until burger registers 74 C (165 F) at the centre. Top with cheese, if using, during last minute of grilling. Meanwhile, toast buns at the edge of the grill. Serve burgers on toasted buns.

Potter fans: Get a swig of this frosty butterbeer

JOHN RAOUX/AP PHOTO

▶ A butterbeer moustache is the new milk moustache

'No bigger product launch smash'

Got butterbeer?

Harry Potter fans are all abuzz about butterbeer, and they have the foamy moustaches to prove it.

The cold and creamy frothy drink is the most popular food item at the new Wizarding World of Harry Potter at Universal Orlando, according to Universal spokesman Tom Schroder, with visitors lining up to try it.

"Then they would walk around and have this moustache on," said Sabrina Sampson, 11, of Richmond, Va., who described the drink as tasting "like cream soda. It was somewhat thick, and it was really sweet, and then it got salty as you swallowed it, like butterscotch."

Schroder said that about half the visitors to The Wizarding World sample butterbeer.

"There may be no bigger product launch smash this year than butterbeer," WalletPop.com said.

Immediately after The Wizarding World's June 18 opening, butterbeer became one of the most searched-for terms on the Internet.

THE ASSOCIATED PRESS

RECIPE EXTRA

Conjure up your own butterbeer

Ingredients :

- 250 ml (1 cup) light or dark brown sugar
- 30 ml (2 tbsp) water
- 90 ml (6 tbsp) butter
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) cider vinegar
- 175 ml (3/4 cup) heavy cream, divided
- 2 ml (1/2 tsp) rum extract
- Four 340-ml (12-oz) bottles cream soda

1. In a small saucepan over medium, combine brown sugar and water. Bring to a gentle boil and cook, stirring often, until mixture reads 115 C (240 F) on a candy thermometer.

2. Stir in butter, salt, vinegar and 50 ml (1/4 cup) of the heavy cream. Set aside to cool to room temperature.

3. Once mixture has cooled, stir in rum extract.

4. In a medium bowl, combine 30 ml (2 tbsp) of the brown sugar mixture and remaining 125 ml (1/2 cup) heavy cream. Use an electric mixer to beat until just thickened, but not completely whipped, 2 to 3 minutes.

5. To serve, divide brown sugar mixture among 4 tall glasses (about 50 ml/1/4 cup for each glass). Add 50 ml (1/4 cup) of cream soda to each glass, then stir to combine. Fill each glass nearly to the top with additional cream soda, then spoon whipped topping over each.

THE ASSOCIATED PRESS

LAWS OF ATTRACTION AND COUPLING UP

Do you guys believe in becoming "one" as a couple or keeping independence?

Kate says...
Both, it just depends on which way you're facing. When you are facing outwards, as in presenting yourselves to the outside world, you must be a team.

For example, when faced with curious in-laws, he must support you in your plan to avoid feeding your baby wheat, eggs, nuts, shellfish and tahini, and be outraged when his mother tries feeding her Kraft Dinner, even if he thinks you are a little bit crazy when it comes to infant nutrition.

In turn, you must act like his recent purchase of a $4,000 plasma TV is perfectly normal, even when your financial adviser wonders whether an RESP for the baby would have been a wiser choice. When you are facing inwards toward each other, you must fight hard to maintain your independence. Stand up for what you believe! There is no worse turnoff than the words "Yes, dear." They mean you just don't care enough.

Bret says...
Okay. So, if saying "Yes, dear" is a turnoff, it follows that saying, "No, dear" is hotter than magma. From now on, I am totally giving up on being nice. Disagreeable but frequently laid! Woo!

Do opposites really attract?

Bret says...
That really depends on what you mean by "opposites." If you mean you're in love with an uptown girl, and now she's looking for a downtown man, and that's what you am, then by all means go for it. It is a classic combination: uptown girl + downtown man. Remember Julie Andrews — hot, hot, hot as the refined, elegant, practically perfect Mary Poppins.

Remember how radiant she looked on the arm of grubby Bert the chimney sweep? Kick your knees up, step in time! "It's a jolly 'oliday with Mary. It's a jolly holiday with you, Bert." Aw.

They were excellent together. They taught us a lesson about love and how it totally conquers all. We owe them a debt of gratitude.

Kate says...
First of all, I'm pretty sure Bret's view of Mary Poppins as "hot, hot, hot" is his alone, but we'll leave nanny fantasies for another column.

I think couples like to think of themselves as opposites. Many announce that they are as a way to say, "Sure we're joined at the hip, but we still have our own brains."

These conversations are held for the benefit of other couples or for single friends who find the couple's new togetherness revolting.

Mostly these conversations are about whether one member of a couple will eat shellfish or does/doesn't like Desperate Housewives.

The notion of "opposites" is exaggerated just ever so slightly, as the holders of these conversations often wear matching Eddie Bauer khakis, finish each other's sentences and go on to rave about Spanglish, which, mysteriously, they both loved.

This is harmless, if irritating for the listener.

ISTOCK

▶ When facing one another, you must fight for independence.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

CAREER TRAINING

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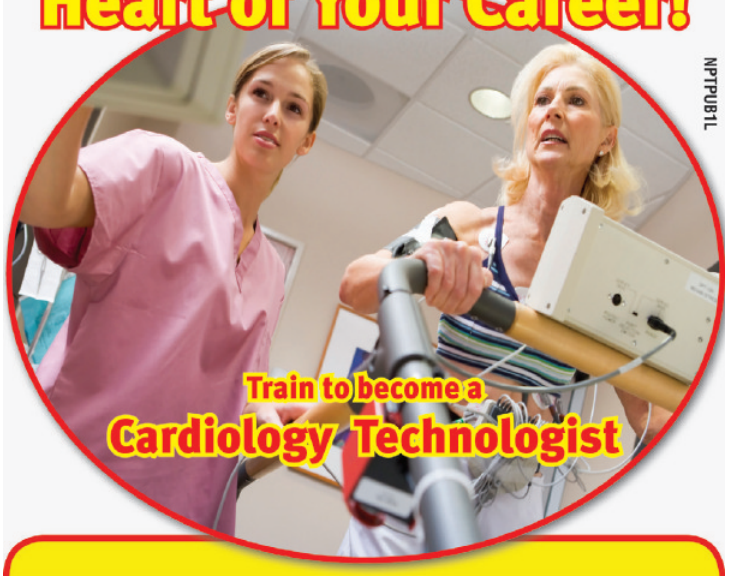

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Beware of Buy and Sell

Depending on your situation, it may not be the best investment approach If you're young, you don't necessarity need to take risks — just have patience

ISTOCK

Be sure to evaluate your holdings annually, even with a Buy and Hold approach.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Investment rules, , and common knowledge can be completely wrong when inappropriately applied to your individual situation. Here, two common ones:.

1 Buy and Hold is the best approach for most investors.

B & H is one of the most basic axioms of the investment industry. On one hand, it does steer you away from what you don't want to do — jump in and out of investments with every stock market hiccup.

However, it does encourage hanging onto a raft of dogs, which the mutual fund industry loves because you're paying management fees. Also, the B & H mantra keeps most investors from questioning their purchases.

The problem is if a stock or mutual fund is a dog, it will keep barking no matter how long you hold it.

Here's a better rule. Buy, Hold and Monitor. Evaluate your holdings annually. If you notice long-term yipping and howling, show that pooch the door.

2 If you're young, you can afford to take risks.

This is a commonly heard refrain and it's usually the precursor to a mutual fund salesperson loading up a young adult with higher risk (and higher fee) investments.

"If you start saving early, you can be conservative and still reach your goals, thanks to the miracle of compounding, where every dollar your earn on your investments goes back into the pot to help your money grow."

But if you start saving early, you can be conservative and still reach your goals thanks to the miracle of compounding where every dollar you earn on your investments goes back into the pot to help your moneygrow.

Here's a better rule: If you're young, you don't need to take risks.

Alison Griffiths' show Maxed Out appears Wednesday at 10:30 p.m. You can find out more at: alisongriffiths.ca

By the numbers

How to make $526,000.

- Over time, low risk bonds easily return 6 % annually on average.
- A 20-year-old who invests $100 until age 30 and increases it by $100 with each new decade will have over half a million big ones by age 65.

KEEP TRACK OF YOUR HARD-EARNED DOUGH

If you're a busy person, or if you're using more than one financial product, keeping track of your money can be challenging. But, it's important to keep track of your hard-earned dough so you can identify where your money is going, if you're achieving your net-worth goals, and if something falls off the rails, you can take immediate action to rectify the situation.

Experts recommend spending no more than 10 minutes a week monitoring your personal finances. If you're an active trader, however, you'll spend more time at it. One of the best ways to track your monetary progress is through a net worth spreadsheet. For all those non-technical, non-finance folks out there, there's no need to get freaked out. Start by marking the date at the top of your spreadsheet.

Then, identify all your assets — things you own. Write down the name of the institution where your accounts are held, followed by the type of account, then how much money is in the account.

To get a handle on how many accounts you have (since many Canadians have more than one bank account, investment account, loan, credit card, and ATM card) look at all the statements that come in the mail or, better yet, view your account online and save a tree.

Once you've listed your assets, total them up. So, for example you might have a Scotia Bank RRSP with $5,000 and an ING Savings account with $2,000 for a total of $7,000 in assets.

Do the same with your liabilities — things you owe money on. Identify where your account is held, the type of liability it is and how much you owe.

So, for example, you might have an RBC car loan with $10,000 owing and a Canada Student Loan with $15,000 owing for a total of $25,000 in liabilities.

Once you've listed assets and liabilities, subtract your liabilities from your assets and voila — that's your bottom line.

"Ultimately, you'll want to grow your net worth through a combination of asset growth and debt reduction ... by tracking where you are now and setting realistic net worth goals for the future."

Ultimately, you'll want to grow your net worth through a combination of asset growth and debt reduction.

One of the best ways to do this is by tracking where you are now and setting realistic net worth goals for the future.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.100%
CIBC	0.70%
HSBC	0.80%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.85%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Credit card grace period

As of September 1, 2010, the grace period for new purchases made on credit cards will be at least 21 days. This means that during the grace period, you cannot be charged interest on your new purchases, even if you did not settle your account balance in full the previous month.

To find out more about federal credit card regulations, visit the Financial Consumer Agency of Canada's (FCAC) website at fcac.gc.ca.

NEWS CANADA

4 sports

‘Bob lost the fight of his life’

Former NHL tough guy Probert dead at age 45

Former NHL tough guy Bob Probert, who played for the Detroit Red Wings and Chicago Blackhawks and struggled to overcome drinking problems, has died. He was 45.

Probert died after collapsing with severe chest pains while enjoying an afternoon of boating with his family. He was taken to hospital around 2 p.m. ET yesterday, according to family friend Rick Rogow.

“The hospital did everything it possibly could,” Rogow told reporters at Windsor Regional Hospital.

“It’s a sad day,” he added.

Probert was spending the day with his family on Lake St. Clair in the Windsor area.

His father-in-law, Dan Parkinson, a police officer who was on the boat, attempted to revive Probert using CPR.

“This is a tragedy for the family,” said Parkinson. “We ask that you respect their privacy at this time. This was totally unexpected. Bob lost the fight of his life this afternoon.”

Probert played for the Red Wings from 1985 to 1994, and for the Blackhawks from 1995 to 2002. He was considered one of the league’s all-time great enforcers.

“He was always a competitor in that Detroit-Toronto rivalry in that old Norris Division we played in,” said former NHL forward and tough guy Wendel Clark.

“Bob was a guy that started strictly as a tough guy but made himself a player,” said Clark.

“He played more than just a tough guy role. He had some goals and played a regular shift.”

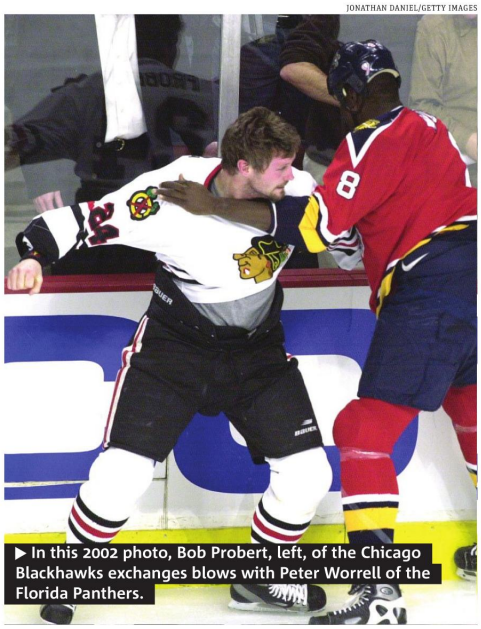
Probert appeared on the CBC reality series Battle Of The Blades last year.

THE CANADIAN PRESS

Stats

- Over 16 NHL seasons with the Red Wings and Blackhawks, Bob Probert recorded 384 points (163 goals, 221 assists) in 935 regular-season games.
- His career total of 3,300 penalty minutes is fifth on the NHL’s all-time list.

JONATHAN DANIEL/GETTY IMAGES



▶ In this 2002 photo, Bob Probert, left, of the Chicago Blackhawks exchanges blows with Peter Worrell of the Florida Panthers.

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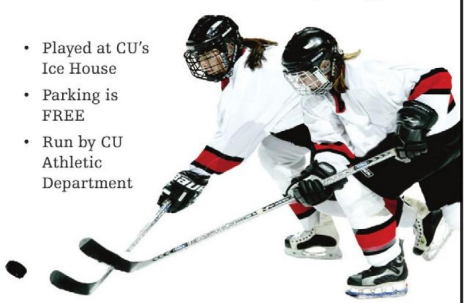

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- Run by CU Athletic Department

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- 2 Divisions
- Starts September 14th
- Guaranteed 25 games (including playoff games)
- Dedicated website for schedules and player stats
- League cost – $5,000.00/team

To register – contact: valerie_kowal@carleton.ca
www.carletonadulthockeyleague.ca

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CWAHL Est. 2010

Just one win away from World Cup finals

▶ **Time:** 2:30 p.m.
Channel: CBC

Netherlands coach Bert van Marwijk is not planning on changing his tactics for the World Cup semifinal against Uruguay despite criticism about the lack of Dutch flair that has dogged his team throughout the tournament.

“We are continuing down the road we have chosen,” Van Marwijk said yesterday.

“I will not let anyone distract me from that.”

Uruguay coach Oscar Tabarez, meanwhile, is drawing inspiration to beat the favoured Dutch from the 1950 “Miracle of Maracana,” when his tiny country beat Brazil at Maracana stadium to earn its second World Cup title.

“The history of the World Cup is full of results that nobody could have expected, and they continue to happen,” Tabarez said.

“Why shouldn’t we be able to win Tuesday?”

But, he added: “I know we have to play a perfect game and we’re going to approach it with all of our effort.”

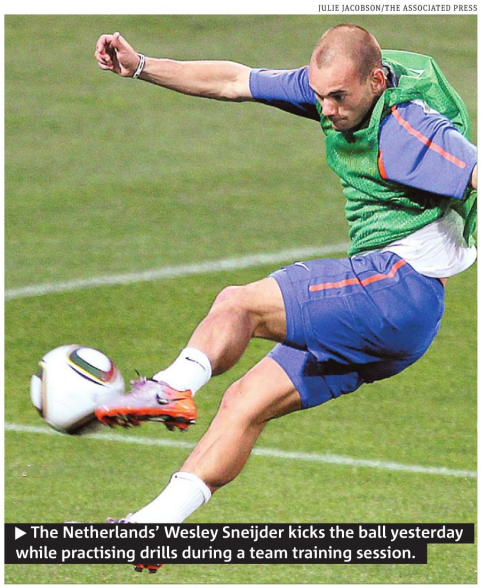
Uruguay, ranked No. 16 in the world, is a two-time World Cup winner, while the fourth-ranked Netherlands is still trying to shake off the tag of two-time loser after talent-packed Dutch teams lost to hosts Germany and Argentina in 1974 and 1978.

“We have to beat Uruguay,” Wesley Sneijder told the official Dutch supporters website.

“We’re just thinking of one thing: We want to win the World Cup. This is our time.”

THE ASSOCIATED PRESS

JULIE JACOBSON/THE ASSOCIATED PRESS



▶ The Netherlands’ Wesley Sneijder kicks the ball yesterday while practising drills during a team training session.

“We have to beat Uruguay. We’re just thinking of one thing: We want to win the World Cup. This is our time.”
WESLEY SNEIJDER

Tiger's troubles continue

Tiger Woods looked just as out of form in a celebrity pro-am as he did on the PGA Tour.

The world's No. 1 golfer arrived yesterday in Ireland just hours after his 46th-place finish at the AT&T National in Pennsylvania and shot a 7-over 79 in the first round of the J.P. McManus Invitational Pro-Am.

The unranked event in County Limerick featuring Hollywood celebrities and Irish billionaires was his first overseas event since revelations of his extramarital affairs surfaced last year.

While more than 40,000 Irish golf fans offered him a friendly and forgiving welcome, Woods' opening round at the 7,453-yard, par-72 Adare Manor Golf Resort was often dreadful. He bogeyed six holes, double-bogeyed the seventh and managed a lone birdie on the 17th.

THE ASSOCIATED PRESS

PETER MORRISON/THE ASSOCIATED PRESS

▶ Tiger Woods waits on the 2nd green at Adare Manor in Limerick, Ireland.

Stoudemire picks New York

- Knicks will soon sign first big-name free agent of historic 2010 class
- Stoudemire says he's persuading other top players to come to Big Apple

Amare Stoudemire is headed to the New York Knicks, and both sides are hoping he's not coming alone.

The Knicks said yesterday they intend to sign Stoudemire to a contract later this week when the free agent moratorium period ends. Stoudemire's agent, Happy Walters, said the deal is for the maximum allowed, which would be nearly $100 million US over five years.

Wearing a blue Knicks hat, Stoudemire said he looked forward to rebuilding a franchise and bringing the Knicks back to the top — maybe with a player such as LeBron James or Dwyane Wade with him.

"I feel great about being a pioneer and showing my leadership," he said at Madison Square Garden.

The deal can't be signed until Thursday, after the salary cap for next season has been set.

It was a needed score in free agency for the Knicks, who spent two seasons clearing enough cap space to afford two top players. They met with James, Wade and Chris Bosh last week and believe they could still land one of them.

THE ASSOCIATED PRESS

LOUIS LANZANO/THE ASSOCIATED PRESS

▶ Amare Stoudemire poses outside Madison Square Garden.

High hopes

- **Recruiting** Stoudemire has already started recruiting, saying he spoke to Lebron James' people and directly to Dwayne Wade last week.
- **Reunion** The move reunites Stoudemire with Mike D'Antoni, his former coach in Phoenix. Stoudemire averaged more than 20 points in every season they were together.

Chavanel wins 2nd Tour stage

Lance Armstrong and dozens of other Tour de France riders were caught up in a series of crashes yesterday during a rain-splattered second stage won by new race leader Sylvain Chavanel of France.

In one of the spills, Armstrong and defending Tour champion Alberto Contador of Spain tumbled to the asphalt on a slippery descent from the mid-grade Stockeu Pass toward the end of the 201-kilometre run from Brussels to Spa.

Both riders sustained scrapes but finished the stage and were OK, their teams said.

Many riders believed a mixture of motor oil and water on the roads was to blame.

Chavanel collected his second career Tour stage victory after joining a small early breakaway group and then gradually distancing them.

The 31-year-old Quick Step rider finished yesterday's stage with a time of four hours 40 minutes 48 seconds.

THE ASSOCIATED PRESS

LAURENT REBOURS/THE ASSOCIATED PRESS

▶ Chavanel

Sports in brief

Lebron arrives at his academy

BASKETBALL. LeBron James took a break from his whirlwind courtship to get back on the basketball court.

The NBA's most wanted man made a surprise appearance yesterday at his Nike Skills Academy to work out as the sports world awaits his decision on where he'll play next season. James was not expected to attend the camp featuring some of the top college and high school players in the U.S. until today. THE ASSOCIATED PRESS

Torres says he's not at best

SOCCER. Spain striker Fernando Torres says he still has not fully recovered from knee surgery in April. Spain plays Germany on Wednesday in the World Cup semifinals at Durban's Moses Mabhida Stadium. Torres says he is "not at his physical best" after struggling for form. The Liverpool striker has failed to score in five games at the tournament so far and said Monday he has had his share of "difficult moments" in South Africa.

THE ASSOCIATED PRESS

Federer falls to third in world

TENNIS. Roger Federer fell to No. 3 in the ATP rankings yesterday, the first time since November 2003 he's been that low. The 16-time Grand Slam champion's quarter-final loss at Wimbledon, following seven consecutive appearances in the final, dropped him one spot.

THE ASSOCIATED PRESS

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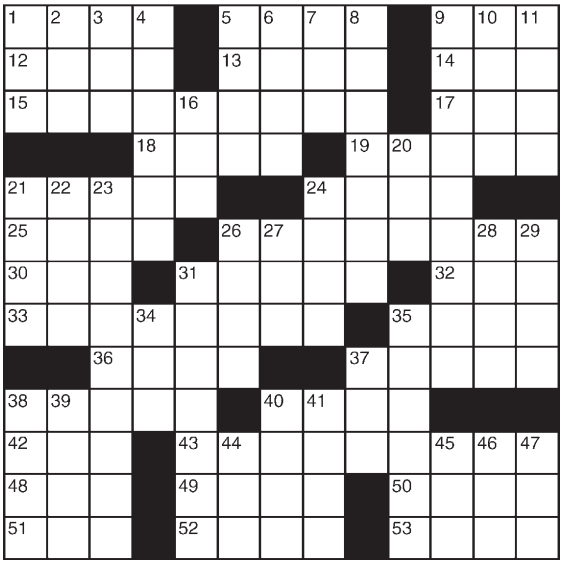

Across

1 Men-only
5 Secular
9 Feline
12 Wrong
13 Enjoying greatly
14 Raw rock
15 Sidekick
17 Wire measure
18 Perches
19 Calyx leaf
21 Happen
24 Island dance
25 To — it may concern
26 Collective abilities needed for a task
30 — de plume
31 Michigan city
32 Hot tub
33 Replace
35 Pay attention
36 Now, on a memo
37 Gives over
38 Column style
40 Wan
42 Japanese sash
43 Buddies
48 Swindle
49 Notion
50 Land measure
51 Small barrel
52 Fender bender
53 Knitter's need

Down

1 Pouch
2 Pair
3 Sleeve contents
4 Drywall material
5 Fuzz on clothes
6 Blackbirds
7 Judge Lance
8 Seek advice from
9 Encircled
10 Met melody
11 Spill the beans
16 Football filler
20 Right angle
21 Possesses
22 — En-lai
23 Showing similarities
24 Clue
26 Openhand hit
27 Family
28 Duel tool
29 Young ones
31 Limp
34 Omega preceder
35 Time of prosperity
37 Half a dance?
38 Lakeside structure
39 Reed instrument
40 "So be it"
41 Lovers' quarrel
44 Praise in verse
45 Nipper's co.
46 Mess up
47 100th of a yen

▶ Yesterday's answer

Sudoku

9	4			3	2	8		
	1		9			6		4
8	6							
			1					7
			8		9			
5					3			
							4	5
2		4			1		7	
		6	2	9			8	3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	2	3	6	9	5	7	8
3	7	9	5	1	8	6	2	4
6	5	8	2	7	4	3	9	1
7	9	3	8	5	6	4	1	2
8	2	4	1	3	7	9	6	5
1	6	5	9	4	2	7	8	3
5	8	7	4	9	1	2	3	6
2	3	6	7	8	5	1	4	9
9	4	1	6	2	3	8	5	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Wog, will u marry me?
REENER BIEBER

Yes, i will marry you!!! I love you!!!
MCH

To my friends, family and my pumpkin spice latte Ricky, I just want to say how much I love you all and thank you for always being there for me.
BELLA XO

My darling Vee, our world may be that of Capulets and Montagues, but I will love you evermore.
LOVE KEY

I love you so much Pooh Bear that I think I just might pass out
SNUGGIE BUGGIE WUGGIE

Sophie L, you are a very special, beautiful, talented girl. I feel so lucky to have you as my daughter. I love you so much.
MOM

The Weather Network
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Today 40% Thundershowers 30°/ 24°
Wednesday Partly cloudy 34° / 25°
Thursday Partly cloudy 32° / 22°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 There is no point getting angry with people who let you down. Cosmic activity in one of the more emotional areas of your chart means that loved ones will take what you say seriously.

♉ Taurus April 23-May 21 Others may say you are avoiding your problems, and maybe you are, but this is one of those days when avoiding your problems may turn out to be the best way of dealing with them.

♊ Gemini May 22-June 21 You will be either far too generous or far too selfish today — there seems to be no middle ground with you at the moment. If someone asks for a handout you would be wise to plead poverty.

♋ Cancer June 22-July 22 You may be eager to prove to the world that you have what it takes but if you do too much too soon there is a danger you will grind to a halt later when your energy and motivation begin to wane.

♌ Leo July 23-Aug.23 Focus on one goal at a time and don't allow yourself to think about anything else until you have reached it.

♍ Virgo Aug. 24- Sept. 22 Friends and family are even more demanding than usual, which makes it even more necessary than usual to keep some special time for yourself. You don't have to be on duty every minute of every hour of every day.

♎ Libra Sept. 23-Oct. 23 Your No. 1 aim now is to make sure that the balance between your home life and your working life is stable and enjoyable. If there are things you want to do that you don't have time for then adjustments are clearly needed.

♏ Scorpio Oct. 24-Nov. 22 Pluto in the communications area of your chart seems to be bringing an annoying amount of criticism your way.

♐ Sagittarius Nov. 23-Dec. 21 Whatever else you do over the next 24 hours, don't panic. Others may be preaching doom and gloom and the end of the world but their sort have been around since the dawn of time — and we're still here. Worry is for losers.

♑ Capricorn Dec. 22-Jan. 20 A friend or family member will offer to take some of your workload off your hands today, which is nice of them, but can you be sure they will do a good job?

♒ Aquarius Jan. 21-Feb. 18 Follow your instincts today, even if it puts you at odds with everyone else. You have never been the sort to worry about what the world thinks of you and there is no good reason why you should start now.

♓ Pisces Feb. 19-March 20 There is no point complaining that some individuals don't know how to behave. The more of a noise you make, the more likely it is they will annoy you.
SALLY BROMPTON

Caption contest

KEVIN HARE/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Departure tax: 25 CUC cash, paid locally

Santa Clara via Toronto

Meliá Las Dunas • 4★
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Standard rm.
Aug. 28 - Sept. 25 • 1 wk.

$399
+Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 26 - Sept. 23 • 1 wk.

$499
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 26 - Sept. 23 • 1 wk.

PRIVILEGES
$599
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto

The Sands at Grace Bay • 4★
Studio courtyard
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$899
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Departure tax: 20 USD cash, paid locally

MEXICO

Cancun/Riviera Maya via Toronto

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Sept. 15 • 1 wk.

$369
+Taxes & other fees (including service charges): $302

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive
Junior suite
Sept. 15 • 1 wk.

$409
+Taxes & other fees (including service charges): $302

BAHAMAS

Great Exuma via Toronto

Augusta Bay • 3 1/2★
Continental breakfast
Oceanview queen rm.
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$659
+Taxes & other fees (including service charges): $210

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa ocean view
Aug. 29 - Sept. 26 • 1 wk.

$1049
+Taxes & other fees (including service charges): $210

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★
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+Taxes & other fees (including service charges): $320

Puerto Plata via Toronto

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Hotel rm.
Sept. 3 & 10 • 1 wk.

$639
+Taxes & other fees (including service charges): $320

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.

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+Taxes & other fees (including service charges): $229
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USA

ORLANDO via Toronto

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- Ethics and Professional Responsibility

Pharmacy Technician

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

Fitness & Health Promotion

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. Students develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

Medical Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 6 week co-op placement.

Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

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Classes Starting Monthly!

613-722-7811

Accounting and Payroll Administrator

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements: obtain an understanding of the theoretical principles of accounting and payroll, practice the practical "hands on" skill required to do the job and master the communication skills needed to work within an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor

The Travel and Tourism industry is one of the biggest employers in the world. Through this program, you will obtain an understanding of agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be signing on live to SABRE, the premier electronic airline reservation system in the world!

This 28 week program includes a 2 week co-op placement.

ALGONQUIN CAREERS ACADEMY™

1644 Bank St. 613-722-7811 www.algonquinacademy.com